Week 5: Days 1 ~ 3

The following worksheet is part of the 'Peak Performance' guide, property of Mogwarts™.

DAY 01

Exercise	Sets	Reps/Time	1	2 — 3	
DEADLIFTS	3	8 ~ 10			
DB LUNGES	3	10 ~ 20/per Leg			
INCLINE DB BENCH PRESS	3	8 ~ 10			
LAT PULLDOWN	3	8 ~ 10			
SIDE LATERAL RAISES	3	8 ~ 10			
DB SKULL CRUSHERS	3	10 ~ 12			
DB HAMMER CURLS	3	10 ~ 12			

DAY 02

Exercise	Sets	Reps/Time	1	2 — 3	
BB FRONT SQUATS	3	8 ~ 10			
CABLE FLYES	3	10 ~ 12			
T-BAR ROWS	3	8 ~ 10			
ARNOLD DB PRESS	3	8 ~ 10			
CABLE TRICEP EXTENSIONS	3	10 ~ 12			
REVERSE BICEP CURLS	3	10 ~ 12			
SEATED CALF RAISES	3	10 ~ 12			

DAY 03

Exercise	Sets	Reps/Time	1	2 — 3	
BB SQUATS	3	8 ~ 10			
BENCH PRESS	3	8 ~ 10			
PULL-UPS	3	6 ~ 8			
MILITARY PRESS	3	8 ~ 10			
DIPS	3	6 ~ 8			
BB ROWS	3	8 ~ 10			
STANDING CALF RAISES	3	10 ~ 12			

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Week 6: Days 1 ~ 3

The following worksheet is part of the 'Peak Performance' guide, property of Mogwarts™.

DAY 01

Exercise	Sets	Reps/Time	1	2 — 3
BB SQUATS	3	8 ~ 10		
DB BENCH PRESS	3	8 ~ 10		
BENT-OVER BB ROWS	3	8 ~ 10		
STANDING DB SHOULDER PRESS	3	8 ~ 10		
CABLE TRICEP PUSHDOWN	3	10 ~ 12		
CABLE BICEP CURLS	3	10 ~ 12		
HANGING LEG RAISES	3	10 ~ 12		

DAY 02

Exercise	Sets	Reps/Time	1	2 — 3
DEADLIFTS	3	8 ~ 10		
DB LUNGES	3	10 ~ 12/per Leg		
INCLINE DB BENCH PRESS	3	8 ~ 10		
LAT PULLDOWN	3	8 ~ 10		
SIDE LATERAL RAISES	3	8 ~ 10		
DB SKULL CRUSHERS	3	10 ~ 12		
DB HAMMER CURLS	3	10 ~ 12		

DAY 03

Exercise	Sets	Reps/Time	1	2 — 3
BB FRONT SQUATS	3	8 ~ 10		
CABLE FLYES	3	10 ~ 12		
T-BAR ROWS	3	8 ~ 10		
ARNOLD DB PRESS	3	8 ~ 10		
CABLE TRICEP EXTENSIONS	3	10 ~ 12		
REVERSE BICEP CURLS	3	10 ~ 12		
RUSSIAN TWISTS	3	10 ~ 12		

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Week 7: Days 1 ~ 3

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DAY 01

Exercise	Sets	Reps/Time	1	2 — 3	
SUMO DEADLIFTS	3	8 ~ 10			
BULGARIAN SPLIT SQUATS	3	10 ~ 12/per Leg			
DECLINE DB BENCH PRESS	3	8 ~ 10			
WIDE-GRIP PULL-UPS	3	8 ~ 10			
LYING TRICEP EXTENSIONS	3	10 ~ 12			
CONCENTRATION CURLS	3	10 ~ 12			
STANDING CALF RAISES	3	8 ~ 10			

DAY 02

Exercise	Sets	Reps/Time	1	2 — 3	
BB BACK SQUATS	3	8 ~ 10			
DB BENCH PRESS	3	10 ~ 12			
T-BAR ROWS	3	8 ~ 10			
ARNOLD DB PRESS	3	8 ~ 10			
CABLE TRICEP EXTENSIONS	3	10 ~ 12			
REVERSE BICEP CURLS	3	10 ~ 12			
RUSSIAN TWISTS	3	10 ~ 12			

DAY 03

Exercise	Sets	Reps/Time	1	2 — 3	
BB FRONT SQUATS	3	8 ~ 10			
BB INCLINE BENCH PRESS	3	8 ~ 10			
CHIN-UPS	3	8 ~ 10			
SEATED DB SHOULDER PRESS	3	8 ~ 10			
CLOSE-GRIP BB BENCH PRESS	3	10 ~ 12			
PENDLAY ROWS	3	10 ~ 12			
HANGING LEG RAISES	3	10 ~ 12			

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